

**Accredited EFT Advanced Practitioner
Training**

EFT and Inner Child



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What is EFT and Inner Child Therapy?

- EFT AND Inner Child Therapy, is an Energy Therapy approach that uses the strategy and concept of working with the Inner Wounded Child.
- The child that if healed resolves our current life issues



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Why Learn EFT and Inner Child Therapy?

- Both powerful by themselves, combined - more effective
- Simple
- Clients like it
- Target both the adult and child perspective
- Gets relatively fast results



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EFT & THE INNER CHILD

EFT THERAPY

Energy Psychology



INNER CHILD THERAPY

Approach for working with childhood emotions and experiences



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CAUSATION OF INNER CHILD

Trauma

Mild/Moderate/Extreme



Effects Thinking

Effects Beliefs

Effects Behavior

Self Sabotage
Anger
Hurt



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TYPES OF NEGLECT

1 EMOTIONAL NEGLECT

Lack of parental interest in your emotional needs such as love, support, protection, and guidance. This is lack of nurture and stimulation.

2 PSYCHOLOGICAL NEGLECT

Lack of listening to and accepting and nurturing who you are.

3 PHYSICAL NEGLECT

Lack of food and physical safety, which includes supervision.

4 MEDICAL NEGLECT

This can include lack of dental treatment and caring for medical needs



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Typical Emotional Causes

- Not OK to have an opinion
- Not allowed to have fun
- Punished for speaking up
- Verbally abused or criticized
- Made to feel responsible for the happiness of others
- No physical affection such as hugs etc.
- Shamed by family members
- Not allowed to have strong emotions such as anger and joy
- Not allowed to be your child self

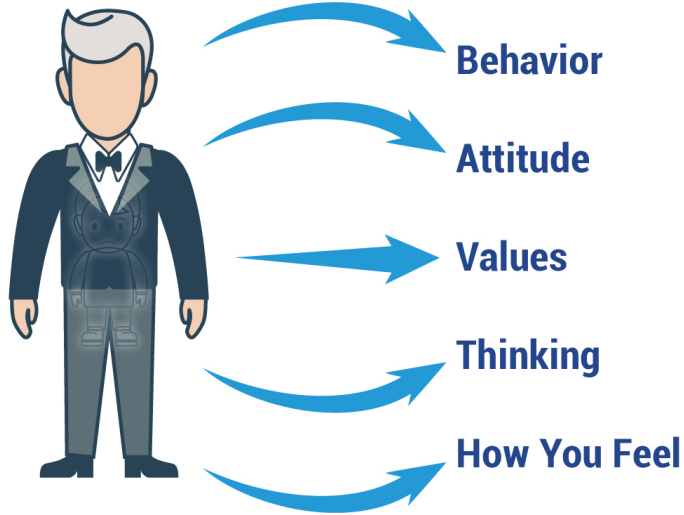


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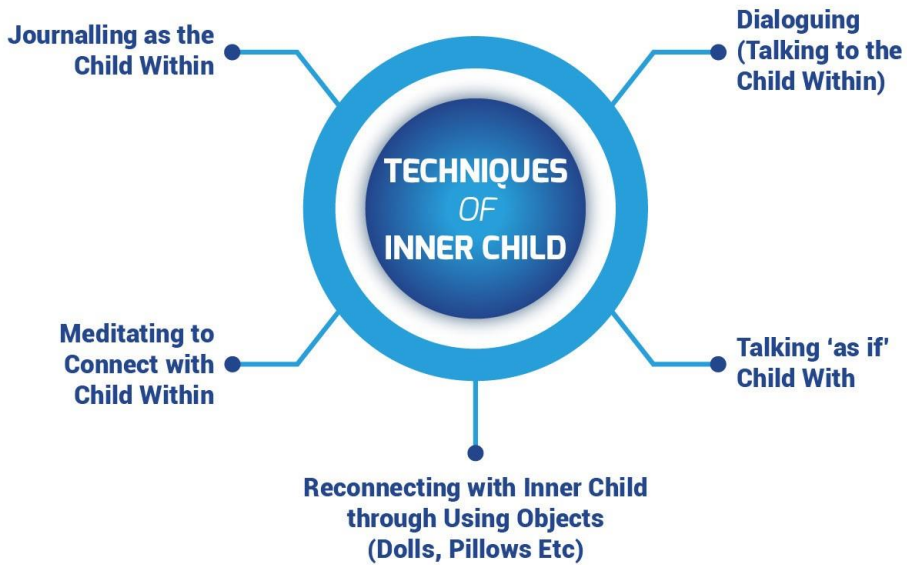
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IMPACT OF INNER CHILD



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TECHNIQUES OF INNER CHILD



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Developing Rapport with the Child

- Unconditional Positive Regard
- Age related language, phrases
- No judgement, acceptance
- Curiosity
- Compassion
- Maintaining state




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Rapport Breakers

- Telling the child how they should feel
- Offering advice




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Techniques: Dialoguing – Talking to the Inner Child

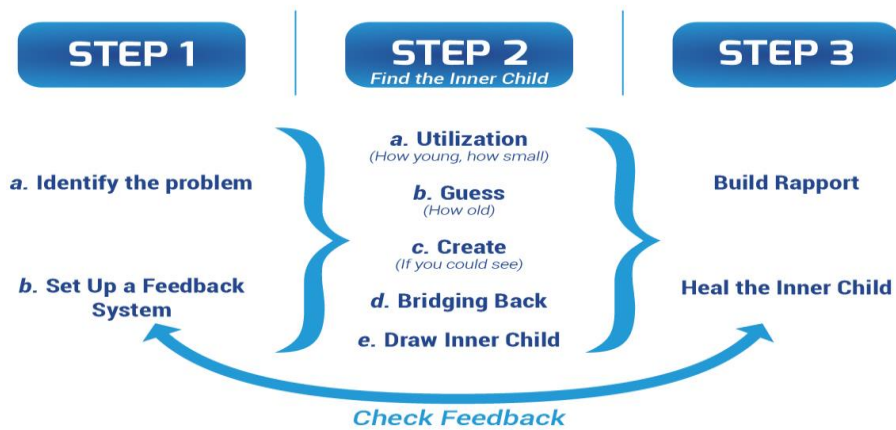
- What is he doing?
- Where is he?
- What do you think he is feeling?
- What might she want to say?
- What might he want to show you?



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EFT AND INNER CHILD THERAPY PROCESS



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Step 1:

1. Identify the Current Problem

"Tell me a little bit about your problem".

In this step you are looking for patterns and a label to represent the problem. When you feel you have enough information to be aware of the pattern.

2. Set up a way to monitor progress

"How do you know you have this problem?"

"How will you know when you no longer have this problem?"



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Step 2: Find the Inner Child

Method 1: Utilization Approach

Method 2: Guess Approach

Method 3: Use the Clients Sense of Younger Self

Method 4: Bridging Back

Method 5: Drawing the Inner Child



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Step 2: Find the Inner Child

Method 1: Utilization Approach

Often when a client is referring to their problem, they will say words such as:

Client: *"It makes me feel so small when that happens,"*

Method 2: Guess Approach

Ask the client to guess what age they were when the problem began

Therapist: *"What age do you guess you were when this problem began?"*



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Step 2: Find the Inner Child/2

Method 3: Use the Clients Sense of Younger Self

- Client talks about their, "inner child".
- Therapist: *"If you could see that younger you, how old is he/her?"*

Method 4: Bridging Back

- Use the feeling to trace back to origins
- Ask Questions to build, what happened

Method 5: Drawing the Inner Child

- Draw the inner child
- Tap on what you see
- Redraw the inner child, repeat



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Step 2: Find the Inner Child/ Method d

REGRESSION: BRIDGING BACK

Current life problem



1. Can you get that problem now
2. Top on the side of the hand point
3. Bring awareness to that feeling
4. Let the feeling take you back to the first time you ever felt that feeling
5. Notice what pops to mind even if it seems silly.
6. What is popping to mind



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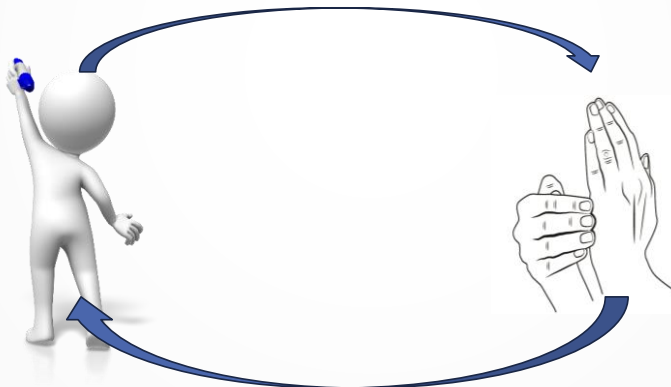
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Step 2: Find the Inner Child Method e

Method 5: Drawing the Inner Child

- Ask the client to draw the inner child.



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Step 3: Rapport/ Healing

1. Healing All Three Perspectives

You need to heal all perspectives

- The adult client's emotions about the child and what happened
- The dissociated view of the child
- The child's view of their world



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Step 3: Switching Perspectives

Switching Perspectives Tapping Sequence

It deals with the differing viewpoints of the child and the adult in the same tapping sequence.

a. From the Adult's Perspective

"Even though Little Me felt her mom didn't love her, I accept that she felt that way, and I am going to love her anyway."

b. From the Child's Perspective

"mom mustn't love me, because why else would she do that?"
"Mom mustn't love me because why else would she (state the behaviour)?"



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